

second longitudinal edges opposite each other defining a width dimension, a central longitudinal axis parallel to the longitudinal edges, first and second transverse edges opposite each other defining a length dimension;

a central region having first and second distal ends opposite each other defining a length that is sufficient to cover the woman's labia majora in use;

c | a first end region, extending from the first distal end of the central region to the first transverse edge and being adapted to cover at least a portion of the woman's mons pubis in use;

a second end region, extending from the second distal end of the central region to the second transverse edge and being adapted to cover at least a portion of the woman's posterior perineum in use; and

at least two longitudinally extending hinges located substantially within the center region adjacent to and inward from each longitudinal edge between the central longitudinal axis and the first and second longitudinal edges, respectively, each hinge adapted to provide a longitudinally extending preferential bending axis, said hinges being spaced apart along at least a portion of their length, wherein at least one hinge has a radius of curvature and an adjacent hinge is substantially straight.